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ABSTRACT

This book paints a broad picture of the role of exercise in children's health and provides information for the physician and other health care providers on healthful forms of physical activity for children. The book is divided into three parts: (1) "Developmental Exercise Physiology: The Physiological Basis of Physical Fitness in Children"; (2) "The Influence of Exercise on Health"; and (3) "Strategies for Improving Exercise Habits of Children." Topics in Part 1 include exercise physiology, pediatric exercise research, physical fitness and habitual physical activity, endurance, and muscle strength. Part 2 covers the relationship between exercise and disease, and physical activity and health, and it addresses the issue of risks of sports participation during childhood. Part 3 provides specific strategies for increasing physical activity in children by both structured and unsupervised programs. The appendix includes guidelines for specific activities. (JD)

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